IN THE CLAIMS:

Please cancel claims 1-11 without prejudice or disclaimer of the subject matter thereof.

The following is a complete listing of claims in this application.

Claims 1-11 (canceled).

12. (new) Method for adjusting or controlling at least one of nutrition, consumption of carbohydrates, consumption of fats, and consumption of proteins in a person subjected to stress, comprising the steps of:

determining performance capacity in the person by measuring individual anabolic threshold (IAT); and

determining at least one of carbohydrate, fat and protein percentage requirements based on the determined performance capacity, basing the determination on stress, which is decisive for nutrition and/or consumption.

13. (new) Method according to claim 12, wherein for determining the performance capacity, a scaling of the performance measured above the individual anaerobic threshold (IAT) occurs according to lactate accumulation rate ΔA.

14. (new) Method according to claim 12, wherein the stress is at measured at the IAT and lactate accumulation rate ΔA is used in determining the nutrition and/or consumption of the person with regard said.

15. (new) Method according to claim 12, wherein the individual anaerobic threshold is used a basis for determining the nutrition and/or consumption of the person with regard to said percentages.

16. (new) Method according to claim 12, wherein when stress occurs in a person over an extended period of time below the determined individual anaerobic threshold, the fat and the carbohydrate percentage of the nutrition are adjusted

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comparatively higher than the protein percentage.

17. (new) Method according to claim 12, wherein with a lactate accumulation rate ΔA against ΔA_{max} the protein percentage of the nutrition is adjusted up to several times as high as with $\Delta A = 0$.

18. (new) Method according to claim 12, additionally comprising determining lactate accumulation rate ΔA, comprising the steps of:

measuring time-dependent lactate concentration change beyond the individual anaerobic threshold,

adjusting a measurement curve to of said measuring, in which lactate concentration in relation to time is plotted,

determining a first gradient in the measurement curve at a time t_{IAT} that corresponds to the individual anaerobic threshold,

determining at least one second gradient in the measurement curve at a time t_x with $t_x > t_{IAT}$; and

subtracting the second gradient from the first gradient to determine a difference, which represents the lactate accumulation rate ΔA.

19. (Amended) Method according to claim 12, wherein the performance capacity is determined under a stress selected from the group consisting of a running test, a swimming test, a stepping test and ergometry with graduated or continuous stress increase with and without breaks.

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